



FOR IMMEDIATE RELEASE

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Senior Conference Focuses on Wellness Through an Informed and Active Lifestyle

Waukesha, WIS. – Waukesha County’s Department of Senior Services will hold its 15th annual Senior Lifestyles Conference on Mon., Oct. 23 at the Country Springs Hotel. The event, co-sponsored by ProHealth Care, will focus on lifelong wellness through an informed and active lifestyle.

Humorist and author Mary Pierce will keynote the event with a speech entitled “Remember Laughing? It’s Never Too Late for Joy.”

Throughout the daylong conference, active lifestyles are highlighted in workshops that promote physical activities like walking, Yoga, and line dancing. Ongoing healthy lifestyles are also explored in Husband/Wife Relationships after Retirement, Humor and Health, Live Well Today – Age Well Tomorrow, and an interactive session on Keeping Your Mind Healthy and Active. These sessions will be balanced with information on advocacy and getting involved, diabetes nutrition care, financial management, local recreational opportunities and much more.

Waukesha County’s Public Health Division will offer flu and pneumonia shots for seniors attending the conference. In addition, 45 local exhibitors will provide information on contemporary senior issues and interests.

The conference runs from 7:45 a.m. to 2:50 p.m. The cost to attend is a \$15.00 donation that includes conference workshops, morning coffee and rolls, lunch and door prizes donated by area organizations and businesses.

Conference registration is required by Mon., Oct. 9. Since attendance has been at event capacity for the last four years, early registration is strongly recommended. For more information about the conference or to sign-up for it, please call the Department of Senior Services at (262) 548-7848.

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